

# NEW BODY, OLD SOUL

The Modern Mystics Guide  
To Spiritual Empowerment  
In The Age of AI.



**TERRI HARFORD**  
(BA Hons Psychology)

# Chapters

Table of Contents	IV
Dedication	IX
Acknowledge	X
Introduction	XI
1. The Waters of Karmic Creation	1
2. Incarnation In The Milky Way Galaxy	25
3. Dancing With Dark & Light	47
4. Divine States of Altered Consciousness	63
5. Sprinting Towards Enlightenment	77
6. Cosmic Blueprints & Sacred Light Technology	91
7. The Quantum Dynamics of Consciousness	111
8. Magic Meaning Makers of The Universe	132
About The Author	159

Copyright © 2024 by Terri Harford

All rights reserved.

No portion of this book may be reproduced in any form without written permission from author.

*Book Cover* by The Author

*Illustrations* by The Author

*(First edition)*

---

# Table of Contents

## **CH 1 • Waters of Karmic Creation • PG 1**

- PG 2** Body Geometry & DNA Dimensions
- PG 4** Your Karmic Soul Blueprint
- PG 6** Soul Groups & Types
- PG 7** Karmic Partners, Soulmates & Twin Flames
- PG 8** Chart: Differences – Karmic, Soulmate, Twin Flame Relationships
- PG 9** Prima Materia & The Soul In Nature
- PG 10** Reincarnation – Soul Cycles of Life & Death
- PG 12** Ancient Beliefs of Reincarnation
- PG 13** The Soul's Purpose of Reincarnation
- PG 14** Karma – The Great Chameleon
- PG 16** Dimensions of Karma
- PG 18** Soul Lessons of Human Life
- PG 18** Life Purpose In Family Soul Groups
- PG 19** NDE's, OOBÉ's & Past Life Cognition
- PG 20** What's In A Name?
- PG 22** Chart: Key Differences Between Spirit & Soul
- PG 24** Chapter Summary

## **CH 2 • Incarnation In The Milky Way Galaxy • PG 25**

- PG 27** Family Blueprints & Karmic Soul Contracts
- PG 28** Karmic Patterns & Healing Opportunities
- PG 28** Journal Exercise: Your Family Tree
- PG 29** Soul Wounds & Common Karmic Family Themes
- PG 30** The Rubrik of Conflict
- PG 31** Inherent Gifts & Embedded Wisdom
- PG 31** Self-Realization & The Birth Family Blueprint
- PG 33** Contemplation Through Meditation
- PG 34** The Four Fold Breath Meditation
- PG 35** Mysteries of The Universe
- PG 36** Why Incarnate on Earth?
- PG 38** Einstein's Universal Laws of Attraction ( $E = mc^2$ )
- PG 39** Incarnation Challenges of The Soul
- PG 41** The Five Steps of Self-Enquiry
- PG 44** Exercise: Journalling Your Autobiography
- PG 45** Chapter Summary

## **CH 3 • Dancing With Dark & Light • PG 47**

- PG 48** The Four Principles of Yin-Yang
- PG 49** Yin, Yang & Quantum Entanglement
- PG 49** The Dreaming Self & Clues to Past Incarnations
- PG 50** The Ego & The Negative Self
- PG 51** Three Distorted States of The Mind
- PG 51** Ego Constructs – Psychological Energy Patterns
- PG 52** Examples of Ego Patterns
- PG 53** Desire & The Nature of Ego
- PG 54** Journal Exercise: Dissolving Ego Patterns
- PG 54** Emotional Processing Techniques
- PG 55** Journal Exercise: Shadow Work 1 – Identification & Integration

- PG 55 The Dreaming Self & Clues To Past Incarnations
- PG 56 Exercise: Dream Journaling
- PG 57 Family of Origin – Shadow Work
- PG 58 Journal Exercise: Shadow Work 2 – What Is Mine Is Mine
- PG 58 Purpose-Focused Meditation & Journaling
- PG 59 Maya & The Human Construct
- PG 60 Journal Exercise: Hatred – The False Construct
- PG 61 Chapter Summary
- PG 62 The Monk & The Hot Dog Vendor

#### **CH 4 • Divine States of Altered Consciousness • PG 63**

- PG 64 Plant Medicine Journeys & Ceremonial Structure
- PG 65 Sacred Teachings of The Rainforest
- PG 66 Amazon Rainforest Teachings for The West
- PG 67 Contemporary Spirituality In Civilized Society
- PG 68 A – Z Rituals
- PG 69 Journal Exercise: Sacred Rituals In Everyday Life
- PG 69 Rituals of Solitude – The Role of Monasticism
- PG 70 Music & Inner Contemplation
- PG 71 Music Exercise: Listening From The Soul
- PG 71 Synchronicity & Manifestation
- PG 72 Manifestation Exercise: Needs vs. Wants
- PG 73 The Quantum Dynamics of Manifestation
- PG 74 Chapter Summary
- PG 74 Visualization Exercise: Past-Life Self-Regression

#### **CH 5 • Sprinting Towards Enlightenment • PG 77**

- PG 79 Intuition – Self-Doubt Blocking Your Flow?
- PG 80 The Role of Gratitude In Developing Intuition
- PG 80 Exercise: Make A Gratitude List
- PG 80 The Role of Breath Meditation In Developing Intuition
- PG 81 Common Forms of Resistance To Meditation

- PG 81 Cultivating Discernment & Why Boundaries Work
- PG 83 Discernment vs. Judgment & What's True For You
- PG 84 Mirrors of Attraction & Reflection
- PG 85 Babaji & The Journey Towards Enlightenment
- PG 87 Chapter Summary

#### **CH 6 • Cosmic Blueprints & Sacred Light Technology • PG 91**

- PG 92 Sacred Quantum Leaps In Consciousness
- PG 93 Ancient Cosmic Blueprints & Tribal Cosmology
- PG 93 Cosmology, Astrology, Physics & The Mathematics of Creation
- PG 94 Astrology Exercise: Use AI To Map Karmic Soul Evolution
- PG 94 The Physics Behind Astrology
- PG 96 The Golden Age – A Bygone Era of Divine & Mortal Unity
- PG 98 Ancient & Contemporary Creation Perspectives
- PG 100 A Priori Knowledge & The Three Centres of Knowing
- PG 101 The Mind–Body-Emotion Connection
- PG 103 Chakras & Sacred Light Technology
- PG 103 Chakra Properties – Characteristics, Locations & Qualities
- PG 108 Exercise: Chakra Awareness Meditation
- PG 109 Chapter Summary
- PG 110 Chart: The Seven Sacred Chakras

#### **CH 7 • Quantum Dynamics of Consciousness • 111**

- PG 112 The Cosmic Breath & Tapping Into Inspiration
- PG 114 High Vibrational Communities & Collective Vision
- PG 115 Negativity & The Mosquito Effect
- PG 116 Journal Exercise: Attachments – What Can't You Release?
- PG 117 Positively Opening The Sacred Heart Centre
- PG 119 The Physics of Human Consciousness
- PG 120 Quantum Entanglement & The Differential Sum of Consciousness
- PG 121 Core Properties of Human Consciousness
- PG 122 Light, Love, and the Essence of Being

**PG 123** Entanglement: The Karmic Dance of Consciousness

**PG 123** Life Purpose Through Conscious Vision

**PG 124** Journal Exercise: Conscious Vision For Life

**PG 124** Inner Realisation – To Be Entangled Within

**PG 127** The Socket of Human Consciousness

**PG 128** The Formula of Human Consciousness

**PG 129** Human Consciousness As A Living Field

**PG 129** Consciousness As A Fractal

**PG 130** Chapter Summary

### **CH 8 • The Magic Meaning-Makers of The Universe • PG 131**

**PG 132** Mass & Energy – One In The Same

**PG 133** The Impact of Gravity On Space & Time

**PG 134** Mapping Consciousness – Your Cosmic Coordinates

**PG 135** The Four Equations That Locate Human Consciousness

**PG 138** The Birthing of Stars & Consciousness

**PG 140** Archetypes In Action

**PG 142** Magic Meaning-Makers of The Universe

**PG 142** Planetary Extinction Events & Cycles of Existence

**PG 145** The Growing Soul

**PG 148** The Intelligence of Spirit

**PG 148** How To Unfold Life Purpose

**PG 149** Competence of Consciousness

**PG 150** The Unique Fractal of Your Being

**PG 151** The Master & The Pool

**PG 152** Conclusion

**PG 157** Celtic Prayer For Peace

*About The Author*

### **Dedication**

To all those who are walking the journey of the soul in the body, it takes tremendous courage to face the spiritual trials and tribulations of being you. These pages are dedicated to guiding you on your path of spiritual evolution and encouraging you to use the healing tools available so that you can be inspired by the challenges of life, rather than overwhelmed by them. There is so much wisdom that is accessible to you, if you are prepared to walk the path of self-discovery towards self-realization. I hope that you are truly uplifted by reading *New Body, Old Soul* and getting to *Know Thyself* – who you truly are and why you exist in this wondrous universe of space, time and change – it's an exhilarating ride and I honour you for taking it.

---

# Acknowledge

To the keepers of ancient wisdom who are always watching the great drama of life unfold – the inspirational journey of being guided along the way has been the miracle of my life. Knowing that I am connected to the divine in an awe-inspiring universal matrix of love, available anytime I wish. The grace and reverence of the sacred way has taught me the guidelines of living: *Do no harm to others, leave room for nature, do the spiritual work or it will do you, don't take anything personally, always do your best, seek harmony with the infinite, protect nations with fair laws, be not a cancer on the earth, turn the other cheek, Know Thyself*, and many other delights of the heart that have brought me to a place of exuberance and inner equilibrium. My heartfelt appreciation for the navigational assistance throughout this great mystery called 'life.'

---

# Introduction

The dynamic relationship between the *human being* and the *eternal divine* opens up intriguing new dimensions for spiritual exploration. With increasing access to the quantum field, many are seeking out alternative experiences in consciousness to explain human existence and their purpose in the cosmos.

Caught between the cross currents of global turbulence, existential crisis and the need for a radical, spiritual paradigm shift, citizens of planet Earth require an updated navigation map to make the most of the incredible opportunities that present themselves during these critical times.

Scientists work diligently to build constructs of the universe that contradict mainstream religion pointing to the ageing patriarch's refusal to release their grip on outdated dogma that no longer serves most of humanity. Global wars rage on around us and the future looks daunting with AI, climate change, bio-warfare and nuclear threats, and the sheer escalation of global populations competing for planetary resources.

*Therefore, reclaiming sacred territory and creating sanctuary for the soul becomes an essential priority of this century.*

By traversing the 4D space-time continuum, humanity is close to reaching its capacity to explore multiple lifetimes in multiple universes, through altered states of consciousness that access the quantum matrix through a phenomena called *quantum entanglement*. With the rapid advancement of technology, the importance of claiming our spiritual empowerment and maintaining our autonomy is exceedingly important in a world trying incredibly hard to harness our spiritual liberty and freedom.

*New Body, Old Soul* bridges the gap between the material and spiritual realms to help unburden the *karma drama* that keeps unfolding through the process of reincarnation. As the boundaries between the physical and metaphysical start to blur, it is necessary to build *spiritual gravitas* by accessing the metaphysical tools that a modern mystic

needs for rapid healing, transformation and spiritual awakening on the road towards enlightenment.

**Great shifts in consciousness can happen at any time  
when the path of grace is lit by the divine.**

### **Core Philosophy of *New Body, Old Soul***

*New Body, Old Soul* synthesises ancient wisdom traditions, global philosophies, and mystical interpretations of science, merging metaphysical principles with quantum concepts to explore the nature of reality. Rooted in a universal sagacity, passed down through ancient Northern, Southern, Western, and Eastern mysticism, it serves as a metaphysical and existential blueprint.

This framework reveals the *holographic, fractal nature of reality*, suggesting that the universe is structured in a way where each part contains the whole (holographic), and patterns repeat at different scales (fractal) – where spirit and matter, past and future, are intricately connected. It challenges us to transcend material illusions and attune to the deeper rhythms of cosmic consciousness, awakening to the fundamental truths that shape the nature of reality.

*New Body, Old Soul explores the following aspects of human existence:*

#### **The Nature of Reality**

- Reality is **infinite and cyclical**, governed by universal principles of transformation and renewal.
- A singular, **formless and eternal** reality underlies all existence – unknowable yet foundational to everything.

- The **microcosm reflects the macrocosm** – patterns in nature repeat at all scales (e.g., a cell mirrors a planetary sphere).
- **Cosmic evolution** is a continuous process – the universe emerges, expands, and will ultimately be recycled.
- The universe is **consciously-driven**, shaped by forces that integrate energy, matter, and intelligence.

#### **Human Soul and Evolution**

- The soul **undergoes reincarnation**, guided by fundamental laws of physics and spiritual causality.
- The human soul descends into matter and ascends to return to the divine source.
- Evolution is **governed by karmic cycles**, ensuring spiritual learning across multiple lifetimes.
- Human progress is **not linear but cyclical**, with alternating phases of spiritual awakening and decline.

#### **The Shaping Force of Our Universe**

- A **primordial, intelligent force** drives the differentiation of matter and energy.
- This force, akin to **quantum fields and fundamental energy structures**, acts as the bridge between the material and immaterial realms.
- It functions as a **cosmic sculptor**, shaping the universe through vibrational patterns, energy frequencies, and dynamic information flows.

### The Vision for Humanity's Evolution

The meaning of the word '*divine*', used throughout this book, is open to interpretation however it originates from the Latin word '*divinus*,' meaning '*of a god*,' derived from '*divus*' meaning '*god*' or '*deity*,' ultimately tracing back to the Proto-Indo-European root '*deiwos*,' meaning '*celestial*' or '*shining*.' As words evolve, so do their interpretations, as does the evolutionary path of each species on this planet. *Therefore, the vision for humanity's evolution as a species is to:*

- **Awaken** to the hidden forces shaping all of existence.
- **Recognise** divine origin as the sacred foundation that inspires humanity's higher purpose.
- **Reconcile** science, sacredness, and the true nature of consciousness into a unified paradigm.
- **Seek self-transcendence** through intuitive knowledge and ethical living.
- **Embrace our role as active participants** in an unfolding cosmic existence, as beings of light, destined to reclaim our divine, empowered, loving human nature.
- **Appreciate** that we are **all part of an unfathomably enormous, unified existence**, experienced from multiple perspectives.

**Know Thyself – The Sacred Adventure of The Inner Self**



*Chapter Two*

---

# Incarnation In The Milky Way Galaxy

Each human soul develops in the mother's womb for approximately nine months until it's ready for birth, fed in utero with nutrients from the mother's body. When it leaves this snug haven and takes its' first breath of life, it is a huge adjustment for the soul. A baby is not born as a *blank slate* – a commonly held belief in Western culture – but as a soul with a history of other incarnations preceding this one. However, due to the lengthy amount of time spent in between incarnations, detailed memories of facts of places, people and events connected with the physical brain are lost, although more subtle soul emanations remain.

Each newborn baby has a rejuvenated physical, emotional, and mental body with very subtle residues of memories from previous lifetimes. Contained in the watery maternal womb, the soul births anew, unburdened by the wounds of the past to start afresh its

cyclical journey of evolution through the 4D universe of space, time, and change. The circumstances into which a soul is born present a new set of challenges and opportunities for expansion and realisation of fresh potentials for life. This is the cycle of life, birth, death, and renewal. It is a continuous cyclical process that sees billions of souls incarnate on Earth, all in vastly different environmental conditions that present the soul with new positive and negative experiences to embrace.

The mother's womb vibrates at a frequency that magnetises and resonates with the soul of the unborn child. This vibrational frequency pattern attracts a specific soul to a specific birth family and to the set of life circumstances that will benefit the soul's most rapid expansion of consciousness inside the human body. This is not a random attraction and this is where the idea that we choose our parents comes from. Although the idea is vastly oversimplified it can be said that the father and the mother's energetic frequency play an essential role in the attraction of the soul into its specific incarnation.

At this stage, you may rebel against this idea, especially if you have strained family relations. Family dynamics can be extremely challenging especially for more sensitive souls and it's understandable that there would be some resistance. However, if you look at the opportunity for soul development there is an inherent fulfilment of purpose in overcoming obstacles. In the neutral space, the null zone, there is little growth and it is slow by comparison. The universe is a very efficient place, mathematically precise in its expression, therefore, it has laws of physics that deal with the conservation of energy and the efficacy of human soul evolution that form part of a bigger picture and universal order.

Birth is a sacred initiation of the soul into the dense physical reality of *earth, air, water* and *fire*, where the laws of physics are influenced by *gravity, electromagnetism* and *nuclear forces* that unify to provide Earth with a 4D space-time framework that supports life, and most importantly, fast-track soul evolution. The growth pattern of the human body in 4D space-time is driven by DNA, the molecule that contains the genetic information for the unfolding growth of all sentient life on Earth. Life that can perceive its reality, that has meta-cognition – the capacity to be aware of itself – and is able to feel its *being-ness* through multiple senses.

### Family Blueprints & Karmic Soul Contracts

From a spiritual perspective, birth family genetics represent more than just a biological connection; they're a combination of ancestral memories, vibrational energy patterns,

genetic memories, and karmic soul ties that influence each member on a deep emotional level. DNA carries not only physical traits but also a legacy of lived experiences from previous generations. The trauma's, successes and challenges of our ancestors are all stored in our DNA, shaping our psychological landscape. From this perspective, members of a birth family are linked by a unique shared history manifesting in the family lineage.

#### *Karmic Soul Contracts*

In some spiritual circles it is thought that souls choose to incarnate in a specific birth family for the purpose of learning certain life lessons, to fulfil a *soul contract*. This idea suggests that the DNA we inherit is not random; it is intentionally chosen for the growth opportunities it provides. A family's DNA carries specific challenges (such as predispositions to certain illnesses, dysfunction, or behaviours) and gifts (unique talents or wisdom).

Therefore, it's essential to understand that a soul, shortly prior to incarnation, holds an energetic vibrational pattern that matches the vibrational pattern of the mother's womb. This *law of attraction* facilitates a magnetic descent of the soul into mother's womb. This can neither be judged as 'good' nor 'bad' as it is an experience the soul gravitates towards for natural soul evolution and expansion.

These genetic patterns encourage growth, pushing individuals to identify, heal, and transform transgenerational patterns. The strength of a soul's conviction is connected to its *quintessence*, hence the vibratory choice to be born into a family group with challenging life circumstances. For example, a sibling may reincarnate as a partner in the next life, or if someone previously murdered you, you may incarnate with them as their parent to be able to guide them. This continuous exchange of roles is common.

### Karmic Patterns & Healing Opportunities

Family DNA holds patterns of vibrational frequency that are entangled, embedded, and enmeshed into the fabric of an individual's soul. The nature of this entanglement is unique to each birth family group and can be emotional, genetic, or energetic. Karma, in family systems, becomes the natural universal law of cause and effect inherited by the soul, activated through its experiential reality. These experiences as neither 'good' nor 'bad.' Morality however is conditioned according to a family's beliefs, human ideas

born over centuries of indoctrination, cultural conditioning, sometimes superstition, and institutionalisation – *and this is what we are here to heal.*

Families often carry certain *karmic themes* – patterns that repeat across generations, such as cycles of trauma, abuse, neglect, addiction, disease, or dysfunctional relational dynamics. DNA becomes a vehicle through which these patterns are carried, unknowingly passed down from generation to generation. The ancestral *family tree* is a storehouse of information that can be tapped into and will tell a story of psychological and physical health challenges that may have been passed on to you.

**JOURNAL EXERCISE: The Family Tree & Healing The Field:** Investigate your ancestral family lineage by exploring your maternal and paternal family lines to uncover hidden patterns, unresolved traumas, physical ailments, or emotional entanglements that may unconsciously shape your life. Look at ways you may be repeating the same fate, suffering, or unfulfilled destinies of those who came before you. Also consider the idea of morphic fields that contain information, memory, and behaviour patterns, passed not just through genes, but through energy fields that connect generations.

**Reflect on the following:**

- Are there repeating emotional patterns (e.g. abandonment, betrayal, grief)?
- Do certain physical conditions run in your lineage (e.g. autoimmune disease, infertility, depression)?
- Are you carrying unresolved guilt, shame, or fear that may not be fully yours?

**Now write:**

- Identify one ancestral pattern that resonates strongly in your life today.
- Ask yourself: *Whose story am I living?*

**To support this process:**

- Research your family's history and map out your genogram or family tree.
- Set a conscious intention to disentangle from that pattern with love.
- Journal a statement of release: *'I honour your fate, but I choose a different path.'*

Healing inherited patterns can shift your inner landscape and influence the collective memory field of your lineage creating space for personal freedom, emotional clarity, and future generational wellbeing.

## Soul Wounds & Karmic Family Themes

*Common karmic soul wounds occur as a result of dysfunction in family groups:*

- **Abandonment** – due to abuse & neglect
- **Betrayal** – due to broken promises, dishonesty & manipulation
- **Inequity** – due to being treated unfairly or unequally
- **Rejection** – due to being unwanted and fear of vulnerability.
- **Shame** – due to humiliation & parental criticism
- **Guilt** – over family relational dynamics

*Common dysfunctional karmic themes in birth families:*

- Financial excess or lack, chronic debt.
- Mystery illnesses, chronic diseases & deaths.
- Psychological trauma from infancy, childhood & adolescence.
- Accidents, suicides & unexpected losses.
- Psychological family cruelty, abuse & neglect.
- Sexual innuendo, sexual abuse & incest.
- Abandonment, rejection & betrayal.
- Over / Under-achieving families.
- Dysfunctional roles: the golden or invisible child, the family scapegoat.
- Domestic violence, divorce & parental conflict.
- Cultural, religious, gender or racial discrimination.
- Mental health disorders like anxiety, depression and addiction.
- Personality disorders like narcissism, bipolar, psychosis, etc.
- Family rifts, feuds and grudges.
- Family co-dependency and parentification of children.

Karmic themes teach us about our soul's vibrational frequency patterns. If a person is still triggered by *family dynamics*, then this is an area of vulnerability that still needs to be identified, explored, processed and healed. In a family, members who resonate with a higher level of consciousness will automatically clash with those with a lower level of consciousness and this can happen in families where some members have greater harmony within themselves than others. Love is the higher vibration, always.

*Birds of a feather flock together* and if you find yourself as a fish out of water then this is because your vibrational frequency is not harmonising with the family groups and you may be getting caught in the cross currents of your more disharmonious family members. *Family drama* is related to *personal karma* and gives each soul an incredible opportunity to get to know themselves better, relative to the birth family group. Your *internal resonance* is not about your degree of education or social class, it's the relationship that you have cultivated with the divine soul essence at the very centre of your being.

Therefore, you can't control or change the way others, think, feel, or behave. Working problems out from a place of centeredness is a far better idea than lashing out into an external family group. By making subtle shifts in perception and interpretation you can have an impact on others, known as the *ripple effect* or the *butterfly effect*. You may need to figure out that you may be in a *service-orientated role* to assist your birth family's evolution and, therefore, need not take the karma drama all so personally, or that you just need to focus on your own healing.

### The Rubrik of Conflict

Conflict will arise when a person exercises their freedom of choice, especially in a karmic family group. This will inevitably lead to opposition, that is, conflict or oppression that comes from perverse opinions based on distorted belief systems. Any opinions about self and others *are not facts* and, therefore, need to be avoided, so as not to spill poison into the mix of any argument. Having conflict is not the problem – contention is a built-in mechanism of being human – however the management of conflict is. Therefore, a person can use conflict to become more empowered in life without compromising others. Speaking your truth in a calm composed manner is the most impactful way to respond to highly triggering situations within family groups. It is the ability to respond when others around you are reacting, spiralling out of control. Conflict is inevitable when coming from the hearts of people who don't really and truly know who they are.

### Inherent Gifts & Embedded Wisdom

Family DNA is also thought to carry unique spiritual gifts with embedded wisdom. These gifts may include heightened intuition, artistic abilities, sport aptitudes, healing talents, musical talents or other natural skills that seem to run in the family. These gifts are often seen as blessings or tools that help family members fulfil their soul missions. They may be the very qualities that allow an individual to break karmic cycles, bring healing to the family, or contribute something meaningful to the world. Gifts tend to accrue over lifetimes of hard work and application that individuals bring in from previous incarnations.

Epigenetics takes this a step further bridging the gap between the biological and spiritual dimensions. It suggests that our actions and choices can alter the way our genes express themselves, potentially changing inherited patterns. This means that when we consciously work to heal trauma, cultivate compassion, or pursue personal growth, we may be shifting the DNA patterns in ourselves for future generations to come. This concept implies that spiritual growth and healing aren't isolated to the self; they create a vibrational wave through our entire genetic line.

### Self-Realization & The Birth Family Blueprint

The DNA we inherit from our birth family serves as a pathway to self-realization. By exploring our lineage – both its gifts and its challenges – we come to understand ourselves on a deeper level. We can identify patterns of trauma and be encouraged by our gifts and talents that seem to fall on our path. The archaeological excavation of self uncovers both lighter and darker aspects of ourselves that need further integration. Jung speaks of 'the shadow' – the hidden, subconscious part of ourselves that we try repress and then project onto others. While understanding our part to play in the karma drama it is essential to identify areas where we repress our positivity towards life. By exploring this mechanism, represented by the yin-yang symbol, we can start a journey of self-discovery that brings about healing from wounds of the past.

Embracing the birth family blueprint allows us to see ourselves as part of something greater, a continuum that links past, present, and future generations to a shared journey of growth, healing, transformation and ultimately, self-realization. Your birth family's

genetic inheritance is more than just a genetic code, it is a sacred link that binds you to your ancestors, bringing essential life experiences for growth, providing unique gifts that shape life purpose and destiny. It calls on all of us to transform inherited ancestral patterns that no longer benefit us.

Therefore, when it comes to destiny and the events that lead up to a time and place in your life where you feel that you have, or have not, achieved your dreams and objectives, it is important to understand how the karmic family patterns have been working behind the scenes. Creating a life that is fulfilling with meaning and purpose does not necessarily mean that you are permanently happy. This is counter-intuitive to the self-evolutionary process. Everyone needs to cycle through uncomfortable aspects of life, and this includes traumatic memories, unpleasant feelings, painful events, and so on. The key is to hold both types of experiences balanced within and transcend the extreme polarities of both.

Creating sacred space within yourself means renegotiating your inner psychological boundaries by identifying and integrating shadow aspects, realigning and rebalancing energy, removing subtle energy blockages, working through cognitive distortions, processing dysregulated emotions, letting go of victimhood, and strengthening your connection to the unified field of consciousness connecting us to the divine source. Your family dynamics provide all the material you need to start this journey into the inner sanctum of your own being. How a person lives their life is important, that is, how they use their energy and where they expend their resources, relative to their karma. How these resources are used is an important part of their life's journey and creating prosperity.

Deep peace comes from understanding that the soul's life is eternal and merely expressing itself in different ways, in different stages of remembering and forgetting. All enlightened souls who have preceded you on Earth have walked the path of self-realization. Jesus, Buddha, Mother Teresa, Yogananda, Mandela, Mother Meera, Lao Tzu, Joan of Arc, Rumi, and many more. It is your birth right to walk this path – if you can just get out of your own way – *so how do you do this?*

### Contemplation Through Meditation

*Soul* is a word used to translate the Greek term 'psyche' meaning 'life, spirit, consciousness' and its verb means 'to cool, to blow' – referring to the vital breath. In Hindu mythology, in the *Myth of Prana's Supremacy*, the mind and senses of the body begin to argue over which of them is most essential to life. Each claim to be the most important force that sustains the body and connects it to the divine. To resolve the dispute, they decide to conduct an experiment – each sense leaves the body temporarily to see how well the body can function in its absence:

- *Speech* departs, and though the body is silent, it still operates;
- *Sight* departs, but the body remains alive, relying on other senses;
- *Hearing* departs, and still, life continues;
- *Mind* departs, leaving the body without focus, but life is sustained;
- Finally, *prana*, the breath, announces it will depart. As soon as *prana* begins to withdraw, the body is rendered powerless and unable to function.

This myth reinforces the importance of breath in spiritual, meditative practice. Breath, *pranayama*, is seen as the bridge between the physical and the subtle. By controlling the breath, a person can calm the mind and nervous system, align the heart centre, oxygenate the body, slow down the heart rate, enter their subconscious and access higher states of awareness. Through various meditative breathing techniques and tuning into cosmic frequencies, prana can be harmonised.

The daily practise of inner contemplation through meditation starts with the breath and balancing the psychological aspects of being. This means observing your thoughts as you inhale and exhale deeply, and releasing your attachment to repetitive, negative and automatic thought cycles. The habit of deep breathing helps you to make the connection to your sacred inner world where you release the past and future to be in the moment here and now.

**EXERCISE: The Four-Fold Breath Meditation:***(Set aside 10-20 minutes a day to practice)***Breathe in – HOLD – Breath out – HOLD****Breathe in – HOLD – Breath out – HOLD**

Allow yourself to relax the muscles of each part of your body from head to toe, noticing where some areas hold more tension. Traditionally known as the *Four-Fold Breath Meditation*, this technique is the simplest most efficient way to reach a self-realizing state of awareness. By simply setting an intention to clear your mind of habitual thoughts and sitting in a cross-legged position with your eyes closed, spine straight, you can allow the breath to flow in and out of the lungs and back out the nostrils, expanding the heart centre as you breathe deeply into the infinite void beyond space and time.

Observe your thoughts, recognise repetitious thoughts, and then release them, increasing the spacious distance between thoughts, until your mind is focussed and still. Don't repress thoughts, acknowledge each one, before you release them and realise that they do not need rethinking, thus clearing the mind of clutter. Surrender both positive and negative thoughts and feel them being released into the ether. Surrender, let go and be still in the breath, focussed in the centre of your being. Now, drop your consciousness into the heart space and continue breathing through your heart. Keep your heart space open, and expanded in gratitude until your meditation is complete.

*To be an observer of your own breath is about taking charge of your own conscious awareness in the present moment. By releasing automatic thought processes, you create an inner portal to your inner dimensionality, connecting you to the entire universal field of awareness. In effect you are streaming universal consciousness of vital life force through the heart centre. Meditation is the laser-like intentionality around a focussed point of awareness. Effectively, you are 'logging in' to the divine as you create a point of connection to the entire cosmos.*

**Meditation = holding concentration and receptivity to the divine within.**

*You can reflect on the questions below as you make further self-enquiries about your existence:*

- What am I here to learn or to contribute to others in this lifetime?
- What negative relationship patterns am I repeating?
- How does my childhood shape my current circumstances?
- How can I find balance, making more positive choices?
- What life choices align with my highest truth and joy?
- How can I catalyse transformation in my life?
- How can I embody empathy towards others?
- How can I enhance my connection to this entire cosmos?

### **Mysteries of The Universe**

No one truly knows what lies beyond the four-dimensional space-time continuum – or if anything exists beyond it at all. Scientific theories attempt to describe infinity, but fall short in capturing its full nature. Black holes and wormholes remain highly theoretical, and our understanding of the cosmos is limited to the observable universe: a staggering 93 billion light-years in diameter, expanding in every direction.

To grasp the sheer vastness, consider this, our Milky Way Galaxy spans 100,000 light-years, containing between 100 to 400 billion stars, each potentially suns, some accompanied by planets capable of sustaining life. Therefore, if we traveled at the speed of light – 300,000km/sec – it would take us 100,000 years to cross our galaxy, never mind travelling in a rocket, that could potentially take millions of years. The Milky Way is one amongst about *two trillion galaxies*, containing roughly 200 sextillion stars ( $10^{23}$ ), hinting at a universe filled with untold potential for life far beyond our reach. To even consider travelling in search of extra-terrestrial life would require new technologies that we have not yet dreamed of.

Therefore, the incarnation of the soul on planet Earth is, contextually speaking, highly relevant from the higher perspective of the soul and encourages an existential enquiry to be made while still in the human body. The universe's colossal scale invites a profound question: *Why incarnate on Earth?* Why choose this one small planet amidst an immeasurable cosmic expanse? The answer we would need could only come from the

soul – the holder and container of all the mysteries of our earthly life –and our presence here must have significance.

### Why Incarnate On Earth?

Imagine the universe as a living, intelligent field – a vast, interwoven web where gravity binds mass like a sponge absorbing water. This dynamic 4D space-time fabric moves and breathes as we do. Consciousness permeates the universe, billions of years ahead of human evolution, making it impossible to fully grasp with the limitations of an animal-human brain. Instead, we must tune into the universe’s intelligence rather than expecting it to explain itself in human terms.

If we apply Einstein’s theories to the mystery of incarnation, we find a compelling answer.  $E = mc^2$  teaches us that energy and matter are interchangeable, meaning our very essence must be in resonance with Earth’s vibrational frequency. Our consciousness must match the evolutionary state of the planet, along with all species that coexist here. Earth is not just a random location; it is an ecosystem uniquely designed to stimulate human consciousness evolving senses such sight, sound, smell, taste, and touch – offering the perfect environment for soul growth.

#### EINSTEIN'S EQUATION – Mass-Energy Equivalence

$$E = mc^2$$

Einstein’s equation describes the relationship between mass and energy, and that energy and mass are one in the same. Matter is all little parts, and energy is processes involved.

- E = Energy
- m = Mass
- $c^2$  = The speed of light squared (300,000 km/s),  
AND  $c^2$  = gravity bending light.

Einstein’s equation,  $E = mc^2$ , reveals the profound nature of reality: mass is energy in condensed form, shaped by motion and velocity. Even the smallest particle contains immense potential energy, as  $c^2$  – the speed of light squared – is an astronomical value. As mass increases, so does its energy, particularly in relativistic motion. At rest, an object ( $mc^2$ ) still holds vast energy, capable of transformation. This principle fuels nuclear reactions, powers stars, and even underlies the subtle forces of bioelectricity and biophotons – the light emitted by living cells – suggesting that life itself is an intricate energetic process. If mass is merely energy concentrated in space-time, then everything, including ourselves, is fundamentally composed of energy in motion, endlessly unfolding.

Rearranging Einstein’s equation:  $M = E / c^2$

Here we see that mass is just energy taking form. This supports the idea that all matter – including the human body – is a temporary energetic structure, continually transforming. What appears as solid and motionless is, in essence, dense vibration – the universe is composed of energy in varied states of expression. We often perceive our bodies as localized, bound to a single place and moment, yet Einstein’s equation suggests mass, energy, and velocity are fluid and interchangeable. The universe is a vast, dynamic matrix where everything – stars, planets, even our very cells – is in constant motion. Some forms, like light, move at extraordinary speeds, while others vibrate more slowly. Yet, all movement adheres to an underlying energetic balance with the relative motion of all mass adding up to the speed of light squared.

If consciousness emerges from primal energy, it may transcend conventional space-time boundaries, potentially moving beyond the speed of light. This suggests a shift in perspective – consciousness is not merely a passive observer of reality; it is an active force shaping existence itself. In a universe governed by intelligent design, incarnation follows a precise energetic structure. Life unfolds through a generative, gendered process, integrating the fundamental forces of creation. The act of being born into this world reflects a deeper alignment between cosmic energy and the evolutionary arc of the human soul. Einstein’s equation, in this light, suggests that our very essence is drawn to this planet through the universal laws of attraction.

## Einstein, $E = mc^2$ & The Universal Laws of Attraction

### 1. Energy and Matter Equivalence ( $E=mc^2$ ):

*Energy and matter are two sides of the same coin:* This suggests that thoughts, emotions, and intentions – being forms of energy – interact with the universe to shape reality. Positive energy creates positive outcomes, reinforcing the law of attraction.

### 2. The Observer Effect & Reality:

*The Observer Effect & Reality:* Einstein's explorations of light reveal that observation influences physical reality, much like quantum mechanics demonstrates that watching a particle changes its behavior. Similarly, our focused attention collapses energetic potentials into tangible experiences.

### 3. Imagination & Vision:

*Imagination & Vision:* Einstein famously stated, '*Imagination is more important than knowledge.*' The power of visualization and intent drives manifestation, affirming that consciousness plays a direct role in shaping existence.

### 4. The Unified Nature of The Universe:

Relativity binds space and time into a single entity, revealing interconnectivity: This means our vibrational state influences not just personal reality, but the fabric of the universe itself.

The extraordinary synchronicity of being human is that just as the Milky Way Galaxy forms a perfect spiral, so does the double-helix structure of our human DNA. This uncanny parallel suggests that our very genetic blueprint is intricately mirrored in the cosmic order. Our brain's neural pathways and spinal column further reveal an extraordinary level of intelligent design, one that equips us for expanded awareness. We are not just physical beings, we think, feel and act on our feelings – *we seek out divine connection.*

Our universe, teeming with infinite possibilities, presents each of us with an invitation: to reach beyond the ordinary, to recognise our connection to the greater whole, and to optimise our potential. Imagination allows us to materialize thoughts into reality, proving that consciousness is not just an act of passive awareness but a part of the creative force of existence itself.

There are some souls in the human evolutionary cycle that have reached this state of awareness, but not many, which tells us that there is a differential gap to close. While many may have achieved a certain level of self-realization, some souls are still be unaware of their latent potential. Our planet, rich in biodiversity and cultural diversity, is the perfect incubator for the unfoldment of evolutionary consciousness.

When it comes to being alive, at the core of every heartbeat lies a delicate electrical dance between charged particles called *ions*, moving in and out of specialised pacemaker cells. This movement creates the spark that sets the heart's rhythm in motion. The same dynamic is found in lightning and volcanic eruptions. It is a biological process, but it's also the way energy moves through everything, from atoms to galaxies to human consciousness.

*Ultimately, the soul's mission is clear:* to awaken, embody divinity, and resonate with the sacred frequency of the universe. By doing so, we transcend the illusion of separation, merge with the infinite intelligence that breathes life into all things, and can experience the animation of our soul in the body.

## Incarnation Challenges of The Soul

Incarnation is an enormous commitment. Most people lose their memories as they move through the growing phases of life, substituting a societally-imposed, falsely-constructed reality over their more natural intuitive one. The many hard knocks and shocks of life see our *chakras* – energy vortices – spinning out of alignment, with leakages spouting and

blockages forming in the subtle energy systems of the body. Sensitive souls can become easily overwhelmed especially if their battle wounds are vast.

While this may not be the life story of all, it is the life story of most and many cannot make sense of why life is such a struggle. If some words of comfort can be offered – global volatility appears magnified in this day and age, especially because of access to social media, however, most people on this planet would prefer peace over war. Due to dictatorial, misguided *starter souls* in leadership positions, the chaotic influences of armies killing in the name of *god, king* and *country* have spiralled out of control. This age-old, patriarchal tradition of war has far outlived its usefulness, and it is important to understand that in current times, you will never see a king or president on the battlefield.

*The only way this human collective can bring more peace to this planet is by addressing the soul conflicts that rage within.*

Are you at war with a family member, friend, neighbour or co-worker? Then you need to reflect on why. Is the conflict over a garden fence? Then you *really* need to reflect on why. If we learn to find peace at the micro level of our being we can have a ripple effect at the *macro level* of society. Imagine if the young soldiers sent into battle for the ageing dictator or entitled patriarch simply said: ‘*No more,*’ and decided unanimously to stand for peace? Unfortunately, soldiers are brainwashed, bribed with salaries, and fed propaganda from a young age, told that they will become heroes if they enlist their services. Armed and dangerous, they become walking weapons, killing other people’s children, brainwashed into becoming killers for the state.

Therefore, walking in the skin is both a blessing and a curse, it can be brutal, however, if the opportunity is used wisely, it’s an extraordinary opportunity for healing and separating the wheat from the chaff. Expanding your soul’s consciousness in the body is the *raison d’être* and is an experience of life in the fast lane, a high-octane ride that gets you where you want to go, with the potential to diffuse far more negative karma while in the body, than out.

As the world mobilises towards AI, and the jobs sector becomes increasingly more digitised and robotized, fears around climate change, unemployment, bio-warfare, nuclear detonation and AI subterfuge increase. Many are living in fear of archaic, tyrannical powers that be. If not in fear, many others are in pain, whether it be spiritual, psychological, emotional, or physical. Some people are enslaved or entrapped, and there are many that are stagnating in dead-end jobs, not enjoying their experience here. The

world requires from all of us that we meet the financial demands of daily living – there is no way around this – however wouldn’t it be nice to actually enjoy what you do?

To achieve a life where you move beyond the basics of survival and you’re able to thrive, requires *vision, intention, manifestation* and *momentum*. By understanding how to harmonise your vibrational frequency and manifest the life you want, you need a simple understanding of how the universe works. The starting point is to build the foundations of a relationship that connects you to the universal forces of creation.

### The Five Steps of Self Enquiry

#### *First – Look Around You*

*You live in relative universe.* Night becomes day, hot turns to cold, up defines down, negative attracts positive, ice melts into water, and so on, and so on. Living in a world full of polarity, at times, means that you are caught up between extreme contradictions, saddled with contentious situations without warning. By learning to balance these opposing forces you begin to master the laws of the universe itself.

As a multi-dimensional being encased in soft, fleshy skin, the seven octillion atoms in your body are held together by gravitational, electromagnetic, and nuclear forces that create *force fields* that interact with one another. All this profound biological, scientific and intelligent innovation implies that you are not meaningless in the greater scheme of things. In fact, you are entirely unique and form part of a greater whole, living with other life forms at varying levels of consciousness, also in self-evolutionary processes of becoming more than they were yesterday.

Our universe is magnificent on so many levels and so is each one of us, including each mineral, plant and animal that co-exists to form this spectacular and diverse web of life. Each speck of dust and grain of sand is a relevant part of a greater whole, existing in fine detail to provide the landscape required for soul expansion in a perceptual and experiential reality that gives meaning to life through its endless, organic structures housing consciousness.

---

# About The Author



## **Terri Harford – A Journey of Self-Discovery Towards Enlightenment**

Terri Harford has walked the path of self-discovery for lifetimes, deeply engaged in meditative practice, self-inquiry, and the exploration of consciousness. As a practicing existential psychologist and soul coach, she integrates mindfulness into daily life, refining her understanding of the human experience and deepening her quest for self-realization. With a profound passion for both cosmology and psychology, she explores the intersection of physics and spirituality, seeking to unravel the mysteries that govern existence. Her fascination with the universal laws of physics is not merely intellectual but deeply personal—an ever-expanding lens through which she perceives the evolution of consciousness along the vast continuum of space and time.

Understanding her life through the lens of multiple incarnations, Terri moves with clarity and purpose, witnessing the spiritual paradigm shift of the 21<sup>st</sup> century unfold. As the author of *New Body, Old Soul*, she has spent more than two decades on this path, gaining profound insights into the nature of existence, the purpose of consciousness, and the karmic blueprint that has shaped her journey. She has immersed herself in deep introspection and quiet contemplation, working with guides and masters of ancient wisdom who have illuminated the true secrets of alchemy – transmuting the weight of human suffering into spiritual gold. Through this transformative process, she has unraveled the threads of karma, unveiling the deeper purpose that underlies her existence.

In her role as an existential psychologist and soul coach, she guides others on their own journeys of self-discovery, helping them lighten the karmic burdens that obscure their higher purpose. There is no greater reward than witnessing the awakening of others – the quantum leaps in consciousness, the return of vitality, and the rediscovery of their own divine essence.

Committed to the path of self-healing, Terri has cultivated an intimate connection to the sacred aspects of her soul, nurturing this bond daily through the integration of mind, body, heart, and spirit. Shadow work has been a vital tool in this journey, revealing the hidden aspects of the self that must be embraced for true wholeness. The wisdom of ancient sages has served as both a guiding force and an inspiration for writing *New Body, Old Soul*, a book born from the desire to share this knowledge and illuminate the path toward self-revelation and ultimate enlightenment.

Terri resides in the lush coastal rainforest along South Africa's Garden Route, where the wild oceanic coastline and the ancient Afro-montane forest provide an endless source of inspiration and renewal. Here, she finds harmony with the rhythms of nature, living among a community of kindred spirits who share a reverence for the divine. This sacred connection to the land and its untamed beauty is woven into every aspect of her journey, enhancing her life's purpose and deepening her commitment to the path of spiritual awakening.

